

5

CRA Treatment Plan

At the time you begin to develop a treatment plan, you should have already examined the client's assessment instrument information, completed the functional analysis charts, conducted the Sobriety Sampling procedure, and presented the disulfiram option if applicable. This preparation enables you to guide the client through the treatment planning process using his or her own goals and reinforcers. CRA offers a set of procedures and forms to develop this comprehensive treatment plan, including the Happiness Scale and the Goals of Counseling. This chapter will introduce each component of the overall plan, and describe how to use it.

HAPPINESS SCALE

Description and Purpose

Having clients complete the Happiness Scale (Appendix 5.A) is the first step in the development of the treatment plan. The Happiness Scale is comprised of ten life categories: Drinking/Sobriety, Job or Educational Progress, Money Management, Social Life, Personal Habits, Marriage/Family Relationships, Legal Issues, Emotional Life, Communication,

and General Happiness. C scale of 1 (completely un- how happy or satisfied the

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Explaining the Happiness

The dialogue that follows s piness Scale to a client and next presented clearly. Th comprehends the task by c link between the client's c areas is pointed out when

THERAPIST: In order to com Charles, we need to fir called the Happiness ! clear idea of how satis life . . . not just with yo feel you need to work session, so that we ca make sense?

CLIENT: Yes . . . but what do

THERAPIST: I'll go ahead an the form.

Note: The therapist has gi Now refer to Appendix 5.A

THERAPIST: Do you see how nine represent specific such as #2, Job, and #4, General Happiness. W overall satisfaction wi areas into consideratic mind that you rate ho area.

I'd like you to use a 10 you are completely un-

and General Happiness. Clients are asked to rate each category on a scale of 1 (completely unhappy) to 10 (completely happy) to reflect how happy or satisfied they currently are with that area.

The Happiness Scale serves several important purposes: (1) It provides a precounseling baseline that indicates which areas of the client's life are in most need of immediate attention, (2) it motivates the client by pinpointing specific areas that require change, (3) it evaluates ongoing progress in therapy, and (4) it helps the client discriminate problem areas from nonproblem areas.

Explaining the Happiness Scale to a Client

The dialogue that follows shows a CRA therapist introducing the Happiness Scale to a client and providing a rationale. The instructions are next presented clearly. The therapist then checks that the client fully comprehends the task by doing the first few categories with him. The link between the client's drinking and his unhappiness in other life areas is pointed out when indicated.

THERAPIST: In order to come up with the best treatment plan for you, Charles, we need to first fill out a couple of forms. The first one is called the Happiness Scale. The purpose of this scale is to get a clear idea of how satisfied you are right now in all areas of your life . . . not just with your drinking. It will tell us which areas you feel you need to work on. I'll actually have you fill out one each session, so that we can monitor progress in each area. Does this make sense?

CLIENT: Yes . . . but what do I do?

THERAPIST: I'll go ahead and explain that right now. Let me show you the form.

Note: The therapist has given the rationale for the Happiness Scale. Now refer to Appendix 5.A.

THERAPIST: Do you see how there are ten categories listed here? The first nine represent specific areas of your life that we'll want to look at, such as #2, Job, and #4, Social Life. The last one, #10, is simply called General Happiness. We'll do that last because it stands for your overall satisfaction with your life once you take all the other nine areas into consideration. So let's go through this now, keeping in mind that you rate how happy you are *currently, today*, with each area.

I'd like you to use a 10-point rating scale. A rating of 1 means that you are completely unhappy with that part of your life now; about

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as unhappy as you could possibly be. A rating at the other end of the scale, a 10, means that you are completely happy with that area of your life. In other words, a 10 means that the particular area doesn't need any improvement or change whatsoever. You are satisfied with things in that area exactly the way they are. All the numbers between 1 and 10 represent less extreme versions of your happiness in an area. Ratings closer to 1 stand for relatively unhappy areas of your life, and ratings near the 10 end represent relatively happy areas. Let's do the first one together: Drinking/Sobriety. On this scale of 1 to 10, what rating represents how satisfied or how happy you are right now with that part of your life?

CLIENT: Oh, I suppose I'd have to give it a 2.

THERAPIST: That's fine. Now why don't you describe to me how you arrived at a 2, so I can be sure that you understand how the rating system is used.

CLIENT: I don't know what to do about that part of my life; I'm confused. I like to drink, but ever since I got that DWI I worry every time I have a beer. It's no fun anymore. But if I *don't* drink, my friends give me a hard time. And then I start to wonder if maybe they aren't the best friends to have!

THERAPIST: So it sounds like you're still confused about what you'd like to see happen with your drinking.

CLIENT: I don't even know if I'm confused! I mean, I know that I need to stop drinking. Too many bad things have happened lately that seem related to my drinking. So that's why I rated it a 2. I've got to do something about it.

THERAPIST: A rating of 2 means that you're just about as unhappy with that part of your life as you can imagine being. Does that sound right?

CLIENT: Yes, I would say so.

THERAPIST: Charles, in a few minutes we're going to set goals in each of these areas, and come up with ideas as to how you can reach your goals. But for now let's finish rating the items on the Happiness Scale. How satisfied are you with your job situation right now?

CLIENT: Not very. I'd rate it a 3.

THERAPIST: And what made you decide to rate it a 3? Again, that says that you're pretty unhappy with that part of your life.

Note: You may not know at this point whether the client's dissatisfaction with his job is related to being unemployed, to not enjoying his occupation or his work environment, or perhaps to not being content

with his salary. In an effort appropriate, you may need to inquire further. Certainly this would be a good time to discuss the Goals of Counseling.

CLIENT: Actually, I'm unhappy about a raise, but I'm afraid the rumor has it that the boss started to wonder about my performance.

THERAPIST: Your rating suggests you're not satisfied. Is that accurate?

CLIENT: I would have to say yes.

THERAPIST: It's interesting that you're not satisfied with the Happiness Scale. How do you think you might improve if your drinking were better?

Note: Take the opportunity to discuss the client's problem drinking and the impact it has on his life.

THERAPIST: Go ahead and circle the items. Then I'll look it over with you're telling me.

Note: Refer to Appendix 5.1 for the Happiness Scale.

Once a client has completed the Happiness Scale, you should review it briefly to help the client understand the instruction. It is likely that a client will feel that the rare event that this occurs. The client should prioritize the items. Usually a client will circle all 10 items. This may represent a form of resistance.

Using the Happiness Scale

As mentioned earlier, the Happiness Scale can be very useful when formulating goals. It is more apparent when its role is illustrated in the next section. The client's progress can be monitored by re-administering the Happiness Scale at the start of each session.

TREATMENT: THE CRA

be. A rating at the other end of completely happy with that area means that the particular area change whatsoever. You are satisfied the way they are. All the numbers extreme versions of your happiness. 1 stand for relatively unhappy and the 10 end represent relatively happy together: Drinking/Sobriety. On represents how satisfied or how part of your life?

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whether the client's dissatisfaction—unemployed, to not enjoying his or perhaps to not being content

with his salary. In an effort to determine whether the rating is appropriate, you may need to inquire briefly about the nature of the dissatisfaction. Certainly this would become apparent later during the completion of the Goals of Counseling form.

CLIENT: Actually, I'm unhappy with my salary, not my job. I'm overdue for a raise, but I'm afraid to push it with my supervisor. You see, rumor has it that the boss is suspicious of my drinking. Maybe he started to wonder about all the extra sick days.

THERAPIST: Your rating suggests that this job situation bothers you a lot. Is that accurate?

CLIENT: I would have to say it does.

THERAPIST: It's interesting to see how these first two items on the Happiness Scale are actually related. I bet your job situation would improve if your drinking situation got better.

Note: Take the opportunity to point out the connection between the problem drinking and the client's dissatisfaction with other areas of his life.

THERAPIST: Go ahead and complete the ratings for the remaining eight items. Then I'll look it over to make sure that I'm following what you're telling me.

Note: Refer to Appendix 5.B for an example of a completed Happiness Scale.

Once a client has completed the Happiness Scale for the first time, you should review it briefly in its entirety. At times clients do not fully understand the instructions, and consequently circle all 1's. It is unlikely that a client will feel totally unhappy with every aspect of life. In the rare event that this occurs, problem solving (see Chapter 6) is used to help the client prioritize which problem to work on first. Occasionally a client will circle all 10's. You should test the hypothesis that this may represent a form of resistance.

Using the Happiness Scale Throughout Treatment

As mentioned earlier, information from the initial Happiness Scale can be very useful when formulating the treatment plan. This will become more apparent when its role with the Goals of Counseling form is illustrated in the next section. And once goals have been set in each area, progress can be monitored by having clients complete a new Happiness Scale at the start of each session. Regardless of whether the rat-

ings increase or decrease in a category, it is important to investigate the reasons behind the noted changes that week. The behavior that contributed to the changes can then be either reinforced or discouraged.

In using the Happiness Scale to track progress, sometimes new difficulties are introduced. A client may consistently rate areas the same or lower as therapy proceeds. Although this may indicate a lack of progress in those areas, there are other possible explanations: (1) The client inadvertently modified his or her reference points on the scales over time as expectations changed. Consequently his or her interpretation of the entire rating system shifted as well. (2) The client's modified style of behaving caused Concerned Others to react in an unaccepting or uncomfortable manner that temporarily exaggerated relationship problems. Discuss these potential complications with clients early in therapy so that they will understand these reactions should they occur.

GOALS OF COUNSELING

Description and Purpose

The second step in developing a treatment plan is completing the Goals of Counseling form (Appendix 5.C) with the client. The same ten life areas that appeared on the Happiness Scale also are found on the Goals of Counseling form. The purpose of this form is to assist in setting specific goals for each of the client's major problem areas, and then to list the plan by which the client will attempt to alter the unwanted behaviors.

One of the advantages of using the Goals of Counseling form is that it highlights the fact that the problem drinking itself is only one of the areas requiring attention. Sometimes this becomes more apparent as therapy progresses, since underlying difficulties may surface once the drinking problem is removed. Many clients already are cognizant of these problems, and use the excessive drinking as a coping device.

Basic Rules for Completing the Goals of Counseling Form

The guidelines for completing the form are in line with CRA's overall positive approach. Clients must be taught to adhere to three basic rules when setting goals or specifying interventions:

1. Keep statements brief so that confusion is minimized.
2. Always state goals or strategies in a positive way. This means

- you should indicate what you do *not* do.
3. Use only specific behaviors to be monitored rather than general statements.

Behavioral rehearsal involves role playing with a client's most problematic behavior with a category from the Happiness Scale. Start with a category rated at least a fair amount. Practice setting goals and discussing problems first. Give the client a list of the rated items, and allow him or her to choose the one that she feels most comfortable with.

The dialogue continues until the Happiness Scale has been completed. Goals have been presented.

THERAPIST: We're ready to start. I'd like to start with item 1, which is rated relatively high. Let's set goals first with something that has a rating of 6 or higher. To Money, Marriage or Family Relationships, how do you feel comfortable looking at it?

CLIENT: How about Social Relationships?

THERAPIST: A 6. So that suits you. How about your social life, and how do you feel about the parts you're involved in?

CLIENT: That's easy. I don't have a social life. I date now and the relationship is good. I'm starting to think that I don't drink, or at least not a lot.

THERAPIST: You're off to a good start. What words would you use to describe what a reasonable goal would be?

CLIENT: I'm tired of dating and I don't want to do it anymore.

THERAPIST: OK. So let's review your goal. You followed Rule #1. How do you feel about it? Can you bet you could turn it into a positive goal?

CLIENT: I'm not sure what I want to do.

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Appendix 5.A HAPPINESS SCALE

This scale is intended to estimate your *current* happiness with your life in each of the ten areas listed. You are to circle one of the numbers (1-10) beside each area. Numbers toward the left end of the 10-unit scale indicate various degrees of unhappiness, while numbers toward the right end of the scale reflect increasing levels of happiness. Ask yourself this question as you rate each life area: "How happy am I *with this area of my life?*" In other words, state according to the numerical scale (1-10) exactly how you feel today. Try to exclude all feelings of yesterday and concentrate only on the feelings of today in each of the life areas. Also try *not* to allow one category to influence the results of the other categories.

	Completely unhappy					Completely happy				
1. Drinking/Sobriety	1	2	3	4	5	6	7	8	9	10
2. Job or Educational Progress	1	2	3	4	5	6	7	8	9	10
3. Money Management	1	2	3	4	5	6	7	8	9	10
4. Social Life	1	2	3	4	5	6	7	8	9	10
5. Personal Habits	1	2	3	4	5	6	7	8	9	10
6. Marriage/Family Relationships	1	2	3	4	5	6	7	8	9	10
7. Legal Issues	1	2	3	4	5	6	7	8	9	10
8. Emotional Life	1	2	3	4	5	6	7	8	9	10
9. Communication	1	2	3	4	5	6	7	8	9	10
10. General Happiness	1	2	3	4	5	6	7	8	9	10

Name: _____

Date: _____

Appendix 5.B HAPPINESS SCALE

This scale is intended to estimate your *current* happiness with your life in each of the ten areas listed. You are to circle one of the numbers (1–10) beside each area. Numbers toward the left end of the 10-unit scale indicate various degrees of unhappiness, while numbers toward the right end of the scale reflect increasing levels of happiness. Ask yourself this question as you rate each life area: "How happy am I *with this area of my life?*" In other words, state according to the numerical scale (1–10) exactly how you feel today. Try to exclude all feelings of yesterday and concentrate only on the feelings of today in each of the life areas. Also try *not* to allow one category to influence the results of the other categories.

APPENDIX

	Completely unhappy									Completely happy
1. Drinking/Sobriety	1	(2)	3	4	5	6	7	8	9	10
2. Job or Educational Progress	1	2	(3)	4	5	6	7	8	9	10
3. Money Management	1	2	3	4	5	(6)	7	8	9	10
4. Social Life	1	2	3	4	5	(6)	7	8	9	10
5. Personal Habits	1	2	3	4	5	6	(7)	8	9	10
6. Marriage/Family Relationships	1	2	3	4	5	6	(7)	8	9	10
7. Legal Issues	1	2	(3)	4	5	6	7	8	9	10
8. Emotional Life	1	2	3	4	(5)	6	7	8	9	10
9. Communication	1	2	3	4	(5)	6	7	8	9	10
10. General Happiness	1	2	3	(4)	5	6	7	8	9	10

Name: Charles

Date: 6/1